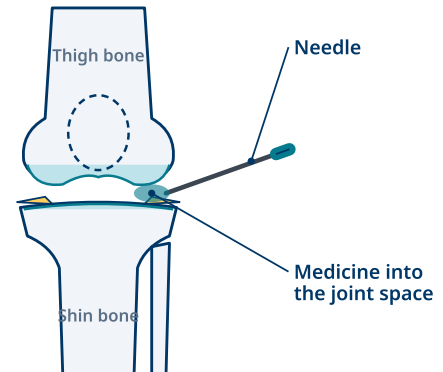


Joint Injections

What it is

A joint injection puts medicine into a painful joint, such as the knee, hip or shoulder. The medicine is often a steroid with a numbing drug. It may ease pain and swelling for a time.



Why it is done

- Osteoarthritis or inflammatory arthritis
- Joint pain that has not improved with other measures
- Patients who need relief to participate in therapy

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: We review your medicines and allergies.

During: This is a short procedure, often in the office. The skin is cleaned and a needle puts medicine into the joint.

After: Rest the joint for a day or two. Pain relief may take a few days to start.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/joint-injection/



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This handout is general information and is not a substitute for medical advice.